

## **SIGN AND SYMPTOMS OF STRESS**

### SIGNS THAT CAN BE SEEN:

#### *PHYSICAL*

Increased breathing rate

Perspiration

Underarm

Face

Hands

Muscle tension

Shoulders held high

Clenching of the jaw

Clenching the fist

Frowning; grimacing

Poor circulation (cold hands)

Skin conditions

Rashes

Hives

Itchy skin

Eyes

Rapid eye movement

Staring

Speaking

Excessive talking

Excessive variations in voice level

Rapid speaking

Nervous actions

Biting lips

Biting nails

Rocking motion

Fast body movements

Hand/finger movements

Tapping fingers or cracking  
knuckles

Twisting hair with fingers

Bouncing knees

Toe tapping

Chewing of objects (pens,  
pencils)

Compulsive gum chewing

General fatigue

#### *EMOTIONAL*

Inappropriate laughter

Lack of empathy

Short tempered

Easily angered

Grouchiness

Constant complaining

Helplessness

Crying

Pouting

Hostility

Depression

Unable to relax or "let go"

### STRESS RELATED DISEASE:

Hypertension

Depression

Coronary heart disease

Peptic ulcer

Asthma

Diabetes

Mental health problems

Substance abuse

Accidents

Low back pain

Terminal renal failure

Skin rashes

Tuberculosis

Multiple sclerosis

Cancer

Childhood streptococcal infections

Suicides

Child abuse

Headaches

Obesity

Alcoholism

Drug dependency

Spastic colon

### SYMPTOMS OF STRESS THAT CAN BE FELT:

#### *PHYSICAL*

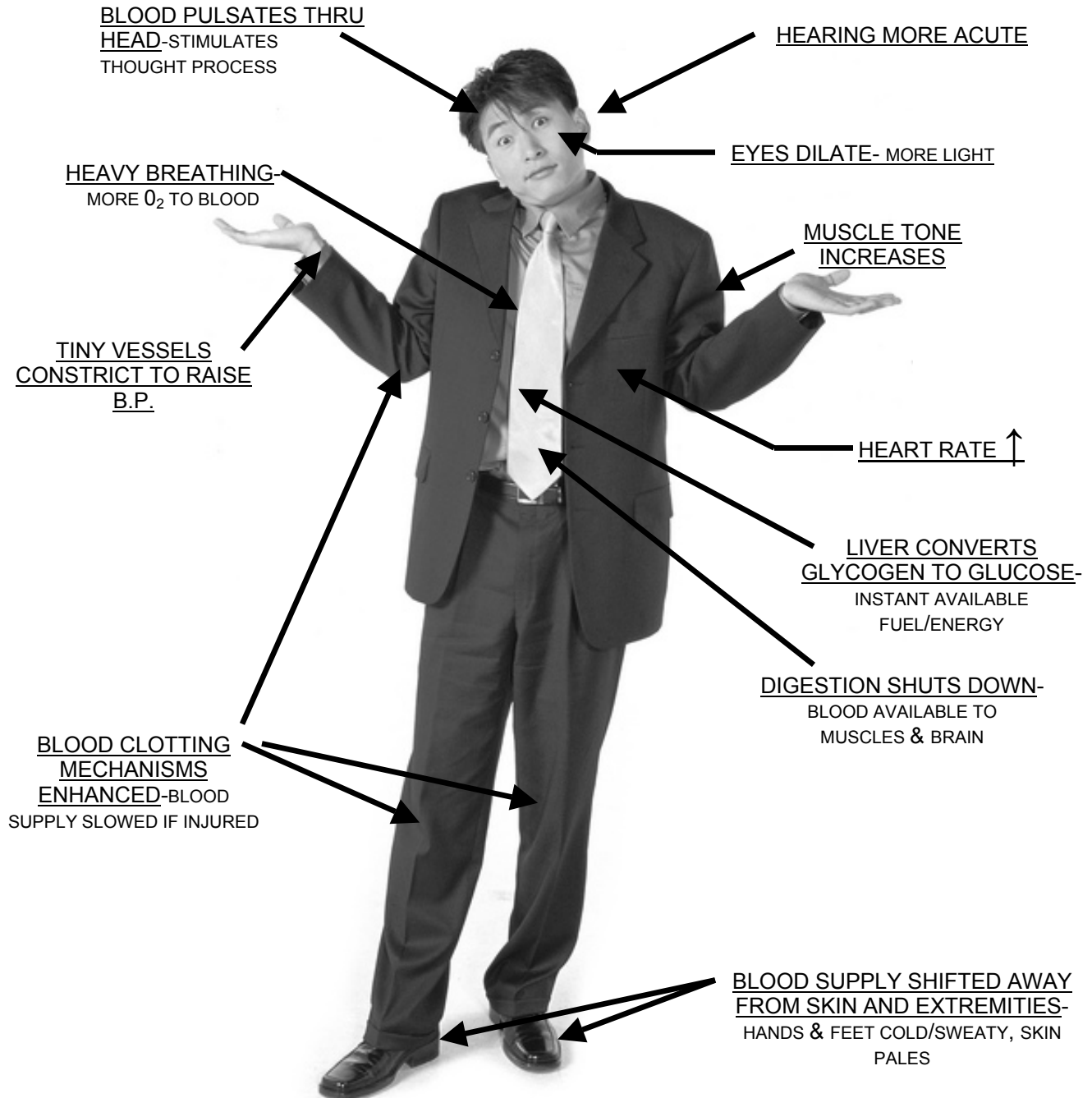
Muscle tension

Neck

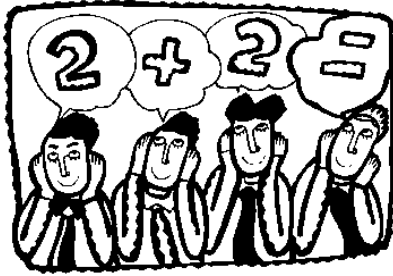
Shoulders

Bruxism (grinding of the teeth)

# **“FIGHT OR FLIGHT” BODY RESPONSES**



# COPING MECHANISMS



Exercise

Diet

Personal Planning

Problem Solving

Support systems

Constructive Relationships

Relaxation Techniques

Positive Thinking

Music

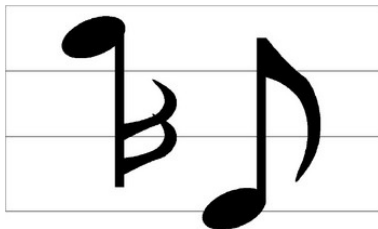
Hobbies

Breathing

Self Hypnosis

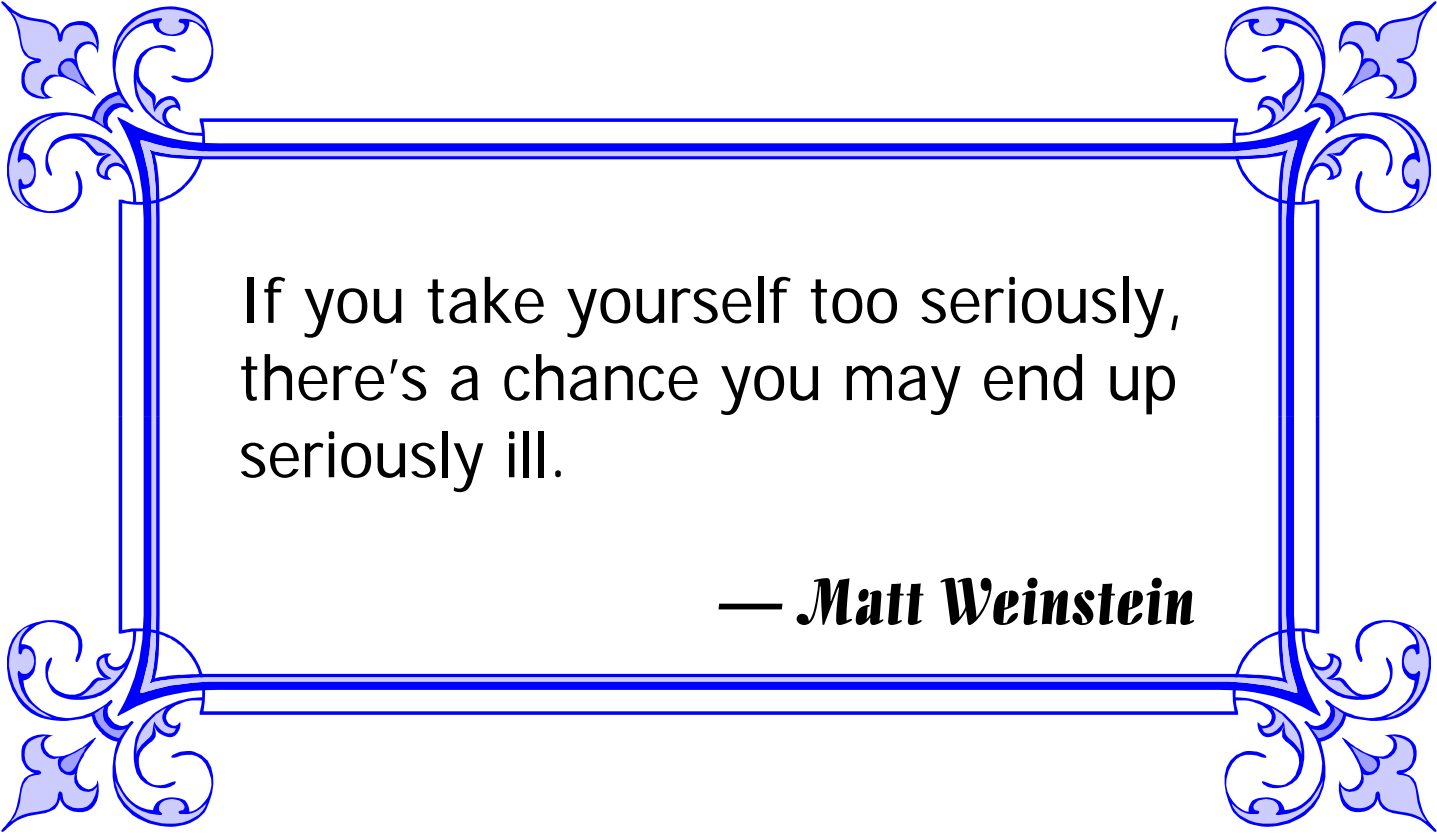
Stress Diaries

Time Management



## **IDEAS FOR DECREASING STRESS**

- **Don't answer the telephone during dinner**
- **Stop trying to please everybody. Start pleasing yourself**
- **Set aside one day a week for rest and renewal**
- **For every "yes," let there be a "no"**
- **Don't squander precious: time, creative energy, emotion**
- **Go to bed at 9 o'clock twice a week**
- **Be instead of do**
- **Breathe-deeply and often**
- **Strive for realistic deadlines**
- **Approach problems as challenges**
- **Honor your aspirations**
- **Savor beauty**
- **Don't be afraid of your passion**
- **Search for you authentic self until you find it**



If you take yourself too seriously,  
there's a chance you may end up  
seriously ill.

— ***Matt Weinstein***



SOMETIMES  
I FEEL  
THAT I  
HAVE THE  
WORST JOB  
IN THE  
WORLD!

YA... RIGHT!